



Flash 9 or better to view this

News

Publications

Calendar

Exercise May Blunt Salts Effect on Hypertension

Science Magazine | March 25, 2011

13 Handy Uses for Salt

All4Women.co.za | March 24, 2011

Winter Storm Warning Issued for NE Wisconsin

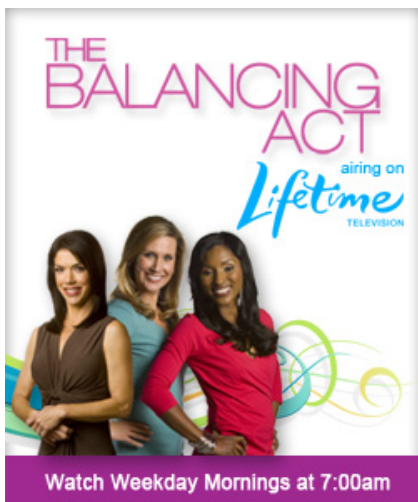
WTAQ.com | March 23, 2011

[See all news](#) [See Salt Institute news](#)

Issues In Focus

March 28: How Salt is GOOD for your Health

On Monday, March 28, between 7 and 8 a.m., The Balancing Act on Lifetime Television will feature Salt Institute President Lori Roman and Morton Satin, Salt Institute's vice president of science and research, – otherwise known as “the Salt Guru.” Roman and Satin will explain how salt not only tastes good, it's good for you. In fact, salt is an essential nutrient that needs to be part of any healthy diet. Watch a sneak preview of the [interview here](#).



Latest Video

Watch March 28: Salt is GOOD for your Health

CBS News on A Winter Weather Staple (2:30)

Coping with Winter (3:47)

You need to upgrade your Adobe Flash Player to watch [Download it from Adobe.](#)

Analysis of Dietary Guidelines (14:45)

More Videos

Headlines & Features

 **Subscribe to the Headlines & Features RSS Feed.**

Salt Sensibility blog

 **Subscribe to the Salt Sensibility RSS Feed.**

Salt Sensibility

After Campbell's Reduces Salt in Soups, Sales 'Mmm Not-so-Good'

Canadian Sodium Working Group disbanded

Salt and Obesity

All Posts

Follow Us



Find us on Facebook



Salt Institute

 Like

249 people like **Salt Institute**.



Karinna



Michael M.



Erin



Marina



Roberto



Yvonne



Tracy



Meghann



José



Ehsan

 Facebook social plugin

Industry Insights

Learn more about salt from an industrial standpoint:

About Salt Production »
Production Technologies »
U.S. Salt Sales »

Tools & Resources

Education

[News media](#)[Members](#)

The Salt Institute has prepared a high school curriculum using salt as a teaching medium. We also offer our road salt customers a wide array of Snowfighter training. And we offer guidelines to salt companies, primarily in the areas of worker safety and environmental protection.

High school curriculum

Snowfighter training

Salt industry guidelines

Copyright 2011 Salt Institute. All Rights Reserved.

[About](#) [Contact Us](#) [Privacy Policy](#) [Terms of Use](#)